

**Resources needed:**

- Reflective instrumental music
- A space big enough for people to lie down or sit down without being crowded
- Dimmed lights or fairy lights

Tonight, we are taking part in a guided meditation, which is inspired by Pope Francis' encyclical *Laudato Si'*—his call to see creation not as something we own, but as a gift entrusted to us.

Let's take a moment to come into stillness. Find a comfortable position. Let your shoulders drop, and let your mind be still. Take a slow breath in... and a slow breath out. **(REPEAT)**

If you are distracted by any noise or thoughts, simply acknowledge their presence, and bring your mind back to the meditation. **(PAUSE)**

We gather in God's presence, as friends and disciples, to listen to His Word and to open ourselves to the Spirit.

"God saw everything that he had made, and indeed, it was very good." – Genesis 1:31 **(REPEAT)**

Imagine the goodness of creation—mountains, rivers, oceans, forests, and every living creature—called into being out of love. **(LONGER PAUSE)**

Think for a moment about the places you love most in nature. The park, the sea, the mountains. **(PAUSE)**

Give thanks for the beauty of that place, and for the Creator who sustains it. **(LONGER PAUSE)**

Creation is not just scenery around us—it is our common home. To care for creation is to care for one another, especially for those most vulnerable.

Pope Francis writes: 'The earth herself, burdened and laid waste, is among the most abandoned and maltreated of our poor.' **(PAUSE)**

Now, let's ask ourselves:

- Where do you notice creation groaning?
- Where do you see waste, pollution, or disregard for God's gifts?

Hold one concrete image in your mind. Place it gently in God's hands. **(LONGER PAUSE)**

As followers of Jesus, we are called to see the face of God in every person and in every part of creation. To care for the poor is to care for creation. To care for creation is to care for the poor. **(PAUSE)**

Pope Francis reminds us that “everything is interconnected.” Our choices—what we buy, what we waste and how we live. It all affects our brothers and sisters, the earth and our common home. **(PAUSE)**

What one small action could you take this week? Perhaps to live more simply, to reduce waste, to stand beside someone who is struggling, or to care for the world God has entrusted to us. Offer that intention now to God. **(LONGER PAUSE)**

Laudato Si’ challenges us to have :

- Hearts that notice those who are forgotten.
- Hands that reach out to serve.
- Eyes that see creation as a gift, not a possession.

(PAUSE)

All-powerful God,
you are present in the whole universe
and in the smallest of your creatures.
You embrace with your tenderness all that exists.
Pour out upon us the power of your love,
that we may protect life and beauty.
Fill us with peace, that we may live as brothers and sisters, harming no one.
O God of the poor, help us to rescue the abandoned and forgotten of this earth,
so precious in your eyes.
Bring healing to our lives, that we may protect the world and not prey on it,
that we may sow beauty, not pollution and destruction.
Touch the hearts of those who look only for gain
at the expense of the poor and the earth.
Teach us to discover the worth of each thing,
to be filled with awe and contemplation,
to recognize that we are profoundly united
with every creature as we journey towards your infinite light.
We thank you for being with us each day.
Encourage us, we pray, in our struggle for justice, love and peace.
Amen. (Laudato Si- 246)

As we end this time of prayer,
let us remember that our relationship with Jesus doesn’t end here—
it continues in how we live, how we serve,
and how we care for God’s creation and God’s people.

I now invite you in your own time, to centre yourself back into the room, open your eyes and remain seated.



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***If you or someone you know needs help from the SVP,
go to request@svp.org.uk***